

# Getting Well Means More Than Getting Cured

A person does not get well on any definite date, but recovers gradually. Banishing disease from the system is usually accomplished only after a severe conflict that leaves the patient with blood impoverished, nerves unstrung—digestion impaired and with muscles weak and flabby. The patient is "cured" but by no means "well"—the return to complete health is fraught with the grave danger of relapse—particularly from overexertion and from overeating of ordinary foods.

## A Reconstructive Tonic-Food is Needed at this Critical Period

The convalescent needs something that will build up, reconstruct and render stable all the vital forces of the body. Drugs and stimulants cannot do this for the very simple reason that they produce an evanescent feeling of strength and well being that is quickly followed by an inevitable reaction, leaving the patient weaker, more gloomy and discouraged than ever.

The combination of malt and hops is one of the best and most natural methods of creating a reconstructive agent known to medical science. It produces a liquid food that virtually contains every element essential to life. That is why so many physicians

endorse and prescribe Pabst Extract. It is made of choicest hops and barley malt, fortified with calcium hypophosphite and iron pyrophosphate.

## Pabst Extract, The "Best" Tonic is an Ideal Restorative

It is wonderfully effective because it supplies both food and tonic to the emaciated patient. Pabst Extract supplies its nourishment in pre-digested form without taxing the already weakened digestive functions. It is welcomed and assimilated by the weakest stomach. Pabst Extract also stimulates a natural desire for solid, wholesome food, furnishes the power to digest it and produces sound, refreshing sleep.



## Order a Dozen Bottles—Be Sure to Call for "Pabst"

A wineglassful before each meal and at bedtime will work wonders. The first bottle will demonstrate the merits of this excellent tonic, but it will require more than one bottle to build the weakened system up to normal. Insist upon Pabst Extract, The "Best" Tonic. It is also recommended for dyspepsia, nervousness, anemia, overwork, and as a tonic for nursing mothers and old people.



Write for interesting booklet describing the uses and benefits of Pabst Extract. We mail it free.

Pabst Extract Co., Milwaukee, Wis.

## If You Want to Know Whether Your Brain Is Flabby, Feel of Your Legs

THIS is one of the great tragedies of modern life. Men are forgetting how to walk.

They travel by taxi-cabs and street cars; they travel by automobile; they project their personalities over a telephone wire.

But they do not walk.

There is a double loss in this.

A loss in health, first. Most of the diseases of modern men originate in the intestines. Formerly men and women walked enough to keep the stomach muscles firm, the intestines healthfully agitated.

Now men—and women even more so—sit all day slumped in.

Germs settle down inside them gladly; and Death, his work made easy for him, laughs.

And there is another loss, equally great. A loss in mental keenness and mental wealth.

Did you ever take a walk in the country with some one who knows really how to walk?

Some one of the type of the naturalist Linnaeus, for instance?

Linnaeus walked into Oland, and found the lands of the farmers ruined by sand blown from the beaches.

He discovered that the roots of a certain beach grass were long and firm: he taught the farmers to sow that grass along the beach, and so preserved their lands from ruin.

He walked into Thorne, and found that at a certain period in every year the cattle fell sick and died.

It was a curse, the people said—the act of angry spirits.

But Linnaeus, examining the pastures, uncovered a noxious weed, and showed the farmers how the work of one laborer for a few days every season would root it out.

In his walks he examined and catalogued 8000 plants, vegetables, and flowers.

How many plants, vegetables, and flowers do you think you could identify if you were to see them in their native state?

"Few men," said Dr. Johnson, "know how to take a walk."

It was so in his day. It is true to-day.

But those favored few enjoy a glorious and mysterious privilege.

To discover where the violets first bloom in the spring—

To be able to tell directions in the woods, by knowing that large pine trees bear more numerous branches on their southern side—

Or that grass grows on the south side of ant-hills and whortle-berries on the north—

To be able to greet the wild flowers by name—there are few pleasures more richly satisfying; none that pay larger dividends in health.

The man who goes into the country once a week is a better citizen than the man who never goes, even though his eyes see nothing more inspiring on his walk than a golf ball.

But far more to be envied is that little inner circle of Nature's favorites who speak her language intimately; who read her thoughts in her woods and brooks and flowers.

"You shall never break down in a speech," said a great English statesman, "on the day that you have walked twelve miles."

Flabby legs usually mean flabby brains.

If you would think clearly, speak forcefully, work effectively, get out into the country when you can—and walk.

Bruce Barton, Editor.

My New York address is 95 Madison Avenue. Write to me.

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